

## Seishokan Aikido Egyesület Kyu Vizsganyaga

|                |   |
|----------------|---|
| <b>8 Kyu</b>   | Minimum 3 hónap az Aikido gyakorlás megkezdésétől.  |
| Waza           | Zenpo, Kouho-ukemi Shikko (mae) Ikkyo-undo: Zengo, Shiho (tachiwaza)<br>Uchikata (shomen, yokomen, tsuki) Taisabaki (tenkan, kaiten, irimi)<br><b>Aihanmi-katatedori:</b> Iriminage, Ikkyo, Shihonage <b>Gyakuhanmi-katatedori:</b> Kokyunage, Ikkyo (1)  |
| <b>7 Kyu</b>   | Minimum 3 hónap az Aikido gyakorlás megkezdésétől (heti minimum, 3 edzés esetén), 8. kyu teljes anyaga  |
| Waza           | Funakogi-undo Sotai-dosa (tenkan, kaiten, irimi) Sayu-kokyuho-undo<br><b>Gyakuhanmi-katatedori:</b> Iriminage, Shihonage <b>Munadori, Katadori:</b> Ikkyo, Iriminage <b>Shomen-uchi:</b> Ikkyo  |
| <b>6 Kyu</b>   | Minimum 20 edzésnap az utolsó vizsgát követően, 7. kyu teljes anyaga  |
| Waza           | Tobikoshi-ukemi Shikko (mae, ushiro) Ikkyo-undo: Shiho (tachiwaza, zagi) Sabaki-kata (shomen, tsuki)<br><b>Ryotedori:</b> Ikkyo, Iriminage, Tenchinage <b>Shomen-uchi:</b> Iriminage, Nikyo<br><b>Gyakuhanmi-katatedori:</b> <b>Ikkyo, Nikyo (2), Kaitennage (uchi-kaiten) Zagi: kokyuho</b>  |
| <b>5 Kyu</b>   | Minimum 30 edzésnap az utolsó vizsgát követően, 6. kyu teljes anyaga  |
| Waza           | Shikko-kaiten (2 ways), Ikkyo-undo: happe (tachiwaza, zagi)   |
| Ken            | Suburi-no-bu (tachiwaza)  |
| Jo             | Tsuki-no-bu (basic stance)  |
| Waza           | <b>Shomen-uchi:</b> Sankyo, Yonkyo, Shihonage, Kotegaeshi, Kaitennage (uchi-kaiten)<br><b>Ryotedori:</b> <b>Shihonage, Kaitennage Zagi: kokyuho</b> <b>Munadori, Katadori:</b> <b>Ikkyo, Iriminage (2)</b>  |
| <b>4 Kyu</b>   | Minimum 40 edzésnap az utolsó vizsgát követően, 5. kyu teljes anyaga  |
| Ken            | Kirikaeshi-no-bu (tachiwaza)  |
| Jo             | Tsuki and Men-no-bu (basic stance)  |
| Waza           | <b>Tsuki:</b> Ikkyo, Nikyo, Shihonage <b>Yokomen-uchi:</b> <b>Ikkyo, Nikyo (3),</b> Iriminage, Shihonage, Kotegaeshi<br><b>Katate-ryotedori (Morotedori):</b> Iriminage, Kokyuho, Kokyunage <b>Ryotedori:</b> <b>Nikyo, Kotegaeshi (2 ways)</b><br><b>Zagi: shomen-uchi:</b> Ikkyo, Nikyo, Iriminage                                  |
| <b>3 Kyu</b>   | Minimum 50 edzésnap az utolsó vizsgát követően, 4. kyu teljes anyaga  |
| Ken            | Suburi and Kirikaeshi-no-bu (tachiwaza, zagi)   |
| Jo             | Tsuki, Men, Katate and Hasso-no-bu (megfelelő alapállásból)   |
| Waza           | <b>Tsuki:</b> Kotegaeshi, Sankyo, Yonkyo <b>Yokomen-uchi:</b> <b>Sankyo, Yonkyo, Gokyo,</b> Kaitennage (uchi, soto-kaiten)<br><b>Ushiro-ryotedori:</b> Nikyo, Sankyo, Iriminage, Kokyunage <b>Hanmi-handachi-ryotedori:</b> Shihonage<br><b>Zagi-Shomen-uchi:</b> <b>Ikkyo-Yonkyo,</b> Kotegaeshi <b>Zagi-Katatedori</b> Ikkyo-Yonkyo |
| <b>2 Kyu</b>   | Minimum 60 edzésnap az utolsó vizsgát követően, 3. kyu teljes anyaga  |
| Ken            | Ashino-fumikae-no-bu (tachiwaza), Tsuki-no-bu (tachiwaza, zagi)   |
| Jo             | 13-no-jo (bal oldalra) Tsuki, Men, Katate, Hasso, Nagare-no-bu (megfelelő alapállásból)   |
| Tachi waza     | <b>Katate-ryotedori (Morotedori):</b> Iriminage (2 ways), Kotegaeshi <b>Shomen-uchi:</b> Ikkyogaeshi, Koshinage<br><b>Munadori, Katadori:</b> Ikkyo-Yonkyo, <b>Shihonage</b>  |
| Hanmi Handachi | <b>Katatedori:</b> Ikkyo-Yonkyo, Kaitennage (uchi, soto-kaiten)   |
| Zagi           | <b>Yokomen-uchi:</b> Ikkyo-Yonkyo, Kotegaeshi, Iriminage  |
| Ushiro waza    | <b>Ushiro-ryotedori:</b> Ikkyo-Yonkyo, Kotegaeshi <b>Ushiro-katatedori-kubijime:</b> Sankyonage   |
| Jiyu waza      | Gyakuhanmi-katatedori (lépéssel) Katate-ryotedori Shomen-uchi   |
| <b>1 Kyu</b>   | Minimum 70 edzésnap az utolsó vizsgát követően, 2. kyu teljes anyaga  |
| Ken            | Zengo-no-ido (mozgásban, előre-hátra): Suburi, Kirikaeshi, Tsuki no bu (tachiwaza, zagi)  |
| Jo             | 31-no-jo (bal oldalra) Tsuki, Men, Katate, Hasso, Nagare-no-bu (mindkét oldalra)  |
| Tachi waza     | <b>Katadori-menuchi:</b> Ikkyo-Yonkyo, Iriminage<br><b>Yokomen-uchi:</b> Kaiten-osae (uchi, soto-kaiten), Udegarami, Ikkyo-gaeshi, Koshinage  |
| Hanmi Handachi | <b>Shomen-uchi:</b> Ikkyo-Yonkyo, Iriminage   |
| Zagi           | <b>Tsuki:</b> Ikkyo-Yonkyo, Iriminage, Kotegaeshi   |
| Ushiro waza    | <b>Ushiro-ryotedori:</b> Shihonage, Jyujigarami <b>Ushiro-ryohijidori:</b> Kotegaeshi, Ikkyo<br><b>Ushiro-katatedori-kubijime:</b> Ikkyo, Nikyo, Iriminage  |
| Jiyu waza      | Tsuki Katate-ryotedori Yokomen-uchi   |

### Jo no bu

|              |  |
|--------------|--|
| Tsuki no bu  | 1. Choku-zuki 2. Kaeshi-zuki 3. Ushiro-zuki 4. Tsuki-gedan-gaeshi 5. Tsuki-jodan-gaeshi  |
| Men no bu    | 1. Shomen-uchikomi 2. Renzoku-uchikomi 3. Menuchi-ushiro-zuki 4. Menuchi-gedan-gaeshi 5. Hidari-yokomen-ushiro-zuki            |
| Katate no bu | 1. Katate-gedan-gaeshi 2. Katate-toma-uchi 3. Katate-hachinoji-gaeshi  |
| Hasso no bu  | 1. Hasso-gaeshi-uchi 2. Hasso-gaeshi-zuki 3. Hasso-gaeshi-ushiro-zuki 4. Hasso-gaeshi-ushiro-uchi 5. Hasso-gaeshi-ushiro-barai |
| Nagare no bu | 1. Hidari-nagare-kaeshi-uchi 2. Migi-nagare-kaeshi-zuki  |

### Ken no bu

|                                      |  |
|--------------------------------------|--|
| Suburi no bu                         | 1. Shikodachi 2. Hanmi (migi, hidari) 3. Zengo (migi, hidari) 4. Shiho (migi, hidari) 5. Happe (migi, hidari)  |
| Kirikaeshi no bu                     | From 2 to 5 must be performed both dtanding (tachi waza) and sitting (zagi)  |
| Ashi no fumikae no bu (kihon, tsuki) | 1. Mae suburi (migi, hidari), kirikaeshi (migi, hidari)<br>2. Ushiro suburi (migi, hidari), kirikaeshi (migi, hidari)  |
| Tsuki no bu (kihon, tsuki)           | 1. Hanmi (migi, hidari) 2. Zengo (migi, hidari) 3. Shiho (migi, hidari) 4. Happe (migi, hidari)<br>All must be performed both standing (tachi waza) and sitting (zagi) |